

OTWARTE MISTRZOSTWA MŁAWY w pływaniu w kat. MASTERS  
Mława, 24- - 25-3-2012

Konkurencja 31  
2012-03-25 - 10:35

Kobiet, 400m dowolny

25 lat i starsi  
Wyniki

Punkty: DSV Masters 04

Pozycja			Rok ur.					Czas	Pkt.
<b>KATEGORIA WIEKOWA "A" /25-29/</b>									
1.	KARA , Karolina		87	Victory Masters Elbl g				<b>7:50.75</b>	180
	50m:	55.81 55.81	150m:	2:55.46 1:00.36	250m:	4:55.27 1:00.37	350m:	6:54.59 59.16	
	100m:	1:55.10 59.29	200m:	3:54.90 59.44	300m:	5:55.43 1:00.16	400m:	7:50.75 56.16	
<b>KATEGORIA WIEKOWA "B" /30-34/</b>									
1.	ROPA, Barbara		80	Warsaw Masters Team				<b>5:59.66</b>	414
	50m:	40.30 40.30	150m:	2:12.38 46.59	250m:	3:45.34 46.54	350m:	5:17.50 45.74	
	100m:	1:25.79 45.49	200m:	2:58.80 46.42	300m:	4:31.76 46.42	400m:	5:59.66 42.16	
<b>KATEGORIA WIEKOWA "C" /35-39/</b>									
1.	JARECKA, Monika		74	Warsaw Masters Team				<b>5:37.91</b>	497
	50m:	39.81 39.81	150m:	2:04.47 42.63	250m:	3:29.99 42.37	350m:	4:55.84 42.86	
	100m:	1:21.84 42.03	200m:	2:47.62 43.15	300m:	4:12.98 42.99	400m:	5:37.91 42.07	
<b>KATEGORIA WIEKOWA "E" /45-49/</b>									
1.	PUCHALSKA, JOANNA		64	Sopot Masters				<b>5:17.23</b>	787
	50m:	36.24 36.24	150m:	1:56.80 40.46	250m:	3:18.43 40.62	350m:	4:39.21 40.12	
	100m:	1:16.34 40.10	200m:	2:37.81 41.01	300m:	3:59.09 40.66	400m:	5:17.23 38.02	
2.	TROCHIM, Beata		63	K.S. niezrzeszeni.pl				<b>8:23.71</b>	196
	50m:	55.61 55.61	150m:	3:05.18 1:05.72	250m:	5:14.67 1:04.62	350m:	7:22.88 1:04.03	
	100m:	1:59.46 1:03.85	200m:	4:10.05 1:04.87	300m:	6:18.85 1:04.18	400m:	8:23.71 1:00.83	
<b>KATEGORIA WIEKOWA "F" /50-54/</b>									
1.	SZAŁA, Ewa		59	Uks Grot				<b>6:25.75</b>	514
	50m:	42.58 42.58	150m:	2:21.68 50.64	250m:	4:00.17 48.79	350m:	5:37.73 48.70	
	100m:	1:31.04 48.46	200m:	3:11.38 49.70	300m:	4:49.03 48.86	400m:	6:25.75 48.02	
2.	POLA CZYK, Renata		59	Gdynia Masters				<b>6:56.26</b>	409
	50m:	45.10 45.10	150m:	2:29.06 53.19	250m:	4:16.86 53.81	350m:	6:06.09 54.27	
	100m:	1:35.87 50.77	200m:	3:23.05 53.99	300m:	5:11.82 54.96	400m:	6:56.26 50.17	
3.	WAWER, Matylda Katarzyna		60	K.S. niezrzeszeni.pl				<b>7:33.98</b>	315
	50m:	49.60 49.60	150m:	2:42.16 57.76	250m:	5:41.47 1:58.32	350m:	7:33.98 55.07	
	100m:	1:44.40 54.80	200m:	3:43.15 1:00.99	300m:	6:38.91 57.44	400m:	7:33.98	
4.	D BROWSKA, ZOFIA		58	Sikret Gliwice				<b>7:44.26</b>	295
	50m:	51.10 51.10	150m:	2:47.58 59.81	250m:	4:46.57 59.57	350m:	6:45.83 59.22	
	100m:	1:47.77 56.67	200m:	3:47.00 59.42	300m:	5:46.61 1:00.04	400m:	7:44.26 58.43	
5.	KRZYSZTOFIK, Anna		60	Gdynia Masters				<b>7:53.78</b>	277
	50m:	57.23 57.23	150m:	2:55.07 59.66	250m:	4:55.81 1:00.09	350m:	6:57.77 1:00.50	
	100m:	1:55.41 58.18	200m:	3:55.72 1:00.65	300m:	5:57.27 1:01.46	400m:	7:53.78 56.01	
<b>KATEGORIA WIEKOWA "G" /55-59/</b>									
1.	RAINKO, Kazimiera		54	Masters Białystok				<b>7:32.90</b>	399
	50m:	47.64 47.64	150m:	2:39.68 57.38	250m:	4:36.67 58.88	350m:	6:36.51 1:00.12	
	100m:	1:42.30 54.66	200m:	3:37.79 58.11	300m:	5:36.39 59.72	400m:	7:32.90 56.39	

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KATEGORIA WIEKOWA "H" /60-64/

1.	GRZEGORZEWSKA, Gra yna	52	KS Masters Polkowice	<b>7:28.83</b>	450
	50m: 48.28 48.28	150m: 2:42.53 58.21	250m: 4:39.60 58.19	350m: 6:36.18 58.03	
	100m: 1:44.32 56.04	200m: 3:41.41 58.88	300m: 5:38.15 58.55	400m: 7:28.83 52.65	
2.	BŁASZKOWSKA, Barbara	49	Centrum Park Chojnice	<b>9:36.92</b>	212
	50m: 1:03.56 1:03.56	150m: 3:27.27 1:12.21	250m: 5:55.16 1:13.67	350m: 8:24.00 1:14.75	
	100m: 2:15.06 1:11.50	200m: 4:41.49 1:14.22	300m: 7:09.25 1:14.09	400m: 9:36.92 1:12.92	
3.	KRA NIEWSKA, Alina	50	WOPR Warszawa Sport-Figielski	<b>9:43.57</b>	205
	50m: 1:03.93 1:03.93	150m: 3:31.53 1:15.81	250m: 6:01.20 1:14.61	350m: 8:30.73 1:14.60	
	100m: 2:15.72 1:11.79	200m: 4:46.59 1:15.06	300m: 7:16.13 1:14.93	400m: 9:43.57 1:12.84	

KATEGORIA WIEKOWA "I" /65-69/

1.	MIODUSZEWSKA, Barbara	45	Niezrzeszona	<b>11:41.78</b>	129
	50m: 1:23.16 1:23.16	150m: 4:22.60 1:28.88	250m: 7:19.10 1:27.63	350m: 10:14.65 1:26.47	
	100m: 2:53.72 1:30.56	200m: 5:51.47 1:28.87	300m: 8:48.18 1:29.08	400m: 11:41.78 1:27.13	

KATEGORIA WIEKOWA "J" /70-74/

1.	ZIELI SKA, Anna	42	WOPR Warszawa Sport-Figielski	<b>11:19.05</b>	237
	50m: 1:17.22 1:17.22	150m: 4:11.04 1:27.56	250m: 7:05.22 1:27.17	350m: 9:55.87 1:24.89	
	100m: 2:43.48 1:26.26	200m: 5:38.05 1:27.01	300m: 8:30.98 1:25.76	400m: 11:19.05 1:23.18	